

<b>Pakuranga Athletic Club</b>									
<b>Road and Cross Country Section</b>									
<b>22 Aug 09 - Road H'Cap</b>									
1st Name	Surname	Grd1	Grd2	km	H/cap 1:00:00	Result	Net	Pts	Note (eg. new athletes, etc.)
<b>Woman</b>									
Hannah	Brown	W	W	8.3	0:08:00	0:59:10	0:51:10	10	
Kathleen	Payne	W	W30	10.1	0:00:00	1:00:28	1:00:28	9	
Carmel	Long	W	W	8.3	0:12:30	1:01:00	0:48:30	8	
Sian	Morrice	W	W	8.3	0:18:30	1:05:53	0:47:23	7	
<b>Women 35+</b>									
Liz	Lombard	MW	MW35	8.3	0:20:30	0:59:28	0:38:58	10	
Jo	Hitchings	MW	MW45	10.1	0:03:00	1:00:45	0:57:45	9	
Gaye	Stratton	MW	MW50	8.3	0:15:30	1:01:05	0:45:35	8	
Marleen	Cleyndert	MW	MW40	8.3	0:14:15	1:01:41	0:47:26	7	
Jackie	Russell	MW	MW40	8.3	0:22:30	1:03:03	0:40:33	6	
Jill	Foster	MW	MW45	8.3	0:10:30	1:06:06	0:55:36	5	
<b>Men</b>									
Thomas	Brown	M	M19	10.1	0:07:15	1:04:55	0:57:40	10	
<b>Men 35-49</b>									
Stephen	Brown	MM	MM45	10.1	0:04:00	0:58:29	0:54:29	10	
Damian	Brannigan	MM	MM45	10.1	0:20:45	0:59:12	0:38:27	9	
Roger	Spice	MM	MM45	10.1	0:18:00	1:00:14	0:42:14	8	
Shannon	Sivewright	MM	MM35	10.1	0:15:45	1:00:54	0:45:09	7	
Lachlan	Maclean	MM	MM40	10.1	0:02:15	1:01:42	0:59:27	6	
Mike	Trathen	MM	MM35	10.1	0:19:00	1:04:39	0:45:39	5	
<b>Men 50-59</b>									
John	Bower	MM50	MM55	10.1	0:12:00	0:58:04	0:46:04	10	
Richard	Thomson	MM50	MM55	10.1	0:06:30	1:00:43	0:54:13	9	
Neil	Cheyne	MM50	MM50	10.1	0:09:30	1:00:44	0:51:14	8	
Alan	Bradbury	MM50	MM50	10.1	0:16:00	1:00:53	0:44:53	7	
Chris	Keith	MM50	MM50	10.1	0:17:15	1:01:58	0:44:43	6	
Craig	Williamson	MM50	MM50	10.1	0:06:00	1:02:00	0:56:00	5	
David	Harper	MM50	MM50	10.1	0:20:15	1:02:24	0:42:09	4	
Karl	Sutton	MM50	MM50	10.1	0:11:15	1:03:17	0:52:02	3	
Robert	Smith	MM50	MM50	10.1	0:17:00	1:03:24	0:46:24	2	
<b>Men 60+</b>									
Emrys	Jones	O60	MM70	8.3	0:08:00	0:59:49	0:51:49	10	
Eric	Meredith	O60	MM60	8.3	0:23:00	1:00:08	0:37:08	9	
Ken	Ayden	O60	MM60	10.1	0:10:00	1:00:29	0:50:29	8	
Kirk	Lister	O60	MM60	8.3	0:19:00	1:00:39	0:41:39	7	
Barry	Weston	O60	MM70	8.3	0:15:30	1:00:56	0:45:26	6	
Mac	McKenzie	O60	MM60	10.1	0:02:00	1:20:05	1:18:05	5	
Alan	Shadbolt	O60	MM60	10.1		Last =	0:46:24	4	
Alec	Day	O60	MM70	8.3		Last =	0:41:44	4	
<b>Walkers</b>									
Christine	Burns	Walk	Walk	8.3	-0:13:45	0:56:04	1:09:49	10	
Karen	Brown	Walk	Walk	8.3	-0:08:00	0:58:17	1:06:17	9	
Dave	Spankie	Walk	Walk	8.3	-0:07:30	0:58:44	1:06:14	8	
Maurice	Neighbour	Walk	Walk	8.3	-0:10:30	0:58:57	1:09:27	7	
Ann	Jeans	Walk	Walk	8.3	-0:08:15	1:01:23	1:09:38	6	
Dave	Thompson	Walk	Walk	8.3	-0:08:45	1:02:30	1:11:15	5	
Irene	Turley	Walk	Walk	8.3	-0:03:30	1:07:09	1:10:39	4	
<b>Ran but another course, no uniform, etc.</b>									
Sean	Williams	MM	MM40	10.1	0:15:00	0:58:36	0:43:36		
Paul	Williams	MM	MM35	10.1	0:13:00				
Don	Hitchings	MM50	MM55	8.3	0:01:00	1:00:38	0:59:38		
Mijo	Sole	O60	MM65	10.1	0:12:00	0:56:59	0:44:59		
Ron	Johnson	O60	MM75	8.3	0:15:15				